

Center raises the bar for Soldier service

Pat Young
Frontline Staff

Newman Fitness Center has put on weight at Fort Stewart, a lot of weight, with the most modern weight systems, state-of-the-art cardio exercise equipment, the latest in pilate exercisers and sleek fitness programs to satisfy even the most avid health enthusiast.

“The unique thing about Newman is that we are able to offer something for everyone,” said Jake Battle, Fitness Coordinator for the Directorate of Morale Welfare and Recreation. “We have an intramural program, an in-door pool, racquetball courts, basketball, tennis, weights, cardio-vascular equipment rooms, aerobics, and much more.”

Battle said older equipment like the tread mills, bicycles, stair-steppers, and cross trainers were upgraded and some of the older programs were reenergized.

The improvements help the fitness center meet the commanding general’s intent to provide for the well being of Soldiers and family members.

Battle said one of the center’s new features is a room dedicated to strength training using free weights and isolateral machines.

“You don’t have to work both sides of the body at one time,” Battle said. “You can isolate your work out, focusing on one side of the body or even a particular muscle group.”

Newman patrons noticed immediate benefits of the new equipment.

“I work out three days a week, rotating between chest, legs and arms, said Tyrone Randolph, a retired military Soldier who enjoys using the facilities at Newman. “I think he new equipment is great. It’s a big improvement.”

Randolph has been working out regularly for about 10 years, and recommends weightlifting as a good exercise; however he encourages people to start light and work their way up.

“To me, free weights help you build muscle quicker than machines. I use the machines to tone and cut,” said Staff Sgt. Michael Brown, Headquarters, Headquarters Company, 3rd Battalion 7th Infantry. “I had surgery the later part of last year, and I’m using the new equipment to help me put the weight back on.”

Some people use the isolating capability of the equipment to extend their workouts.

“I work out every day,” said Sgt. Michael Garcia, HHC 1st Battalion 3rd Brigade Troop Battalion. “I think this new equipment is awesome. I’m a big football fan, and have been to a number of camps. This new equipment is what the professionals use.”

The new isolateral equipment provides a great workout while improving safety.

“Poor form can lead to injuries in weightlifting,” Garcia said. “That’s why these machines are made the way they are. This new system is made to help relieve some of the pressure on joints and allows you to focus on your form.”

See **CARDIO** _____ Page 3C



Pat Young

Above:Sgt. Michael Garcia, HHC, 3rd BTB, enjoys using the isolateral machines at Newman Fitness Center

Below: Staff Sgt. Michael Brown, HHC 3/ 7 Inf. pumps iron at Newman.



2007 INTRAMURAL BASKETBALL

SCHEDULE

Basketball Standings

SouthEastern Conference

	Won	Lost	PCT
A Co 703d BSB	7	3	0.700
HHC 4/3 SBTB	5	4	0.555
D Co 3/7 Inf	4	3	0.570
E Co 26th BSB	1	1	0.500
15 ASOS	2	3	0.400
HHB 1/9 FA	2	3	0.400
E Co 1/64 AR	1	2	0.333

Liberty Conference

	Won	Lost	PCT
1/30 Inf	2	0	1.000
HHC 2d BCT	5	0	1.000
B Co 4/64 AR	2	2	0.500
F Co 26 BSB	2	3	0.400
D Trp 3/7 Cav	1	3	0.250
B 1/9 FA	1	3	0.250
E Co 3/7 Inf	0	0	0.000

Freedom Conference

	Won	Lost	PCT
A Co 3d BSB	7	1	0.875
35th QM Co	7	1	0.875
DET 2/3 SIG Co	7	2	0.777
G Co 703 BSB	7	2	0.777
HHC 3/7 Inf	4	3	0.571
A Btry 1/41 FA	4	4	0.500
D Co 703 BSB	3	6	0.333
B Co 2/3 BTB	2	4	0.333
HQ Co 1/306th Inf	2	4	0.333
HHC 1/64 AR	2	7	0.222
HHB 1/64 AR	2	7	0.222
HHC 26 BSB	0	4	0.000

Hunter AFF Conference

	Won	Lost	PCT
A Co 603d ASB	10	0	1.000
B Co 603d ASB	11	1	0.916
DFAC	9	2	0.818
E Co 1/3 Avn	4	1	0.800
C Co 2/3 Avn	8	3	0.727
E Co 3/3 Avn	4	2	0.666
512 QM Co	6	3	0.666
Avn BDE	7	5	0.583
514 Eng	3	3	0.500
Corps of Eng	5	7	0.416
C Co 603 ASB	2	9	0.181
HHC 160 SOAR	3	14	0.176
202 QM Co	0	13	0.000

Lehigh Holds Off Army, 75-64

Army record slips to 13-12, 3-7 in League
Lehigh improves to 11-15, 6-4 in league

Army Athletic Communications

BETHLEHEM, Pa. – Jose Olivero scored a game-high 30 points and Marquis Hall chipped in 20 points to help lead Lehigh over Army, 75-64, in a Patriot League men's basketball game Saturday evening at Stabler Arena.

The Mountain Hawks improve to 11-15 overall (6-4 Patriot League), while the Black Knights fall to 13-12 (3-7 Patriot League).

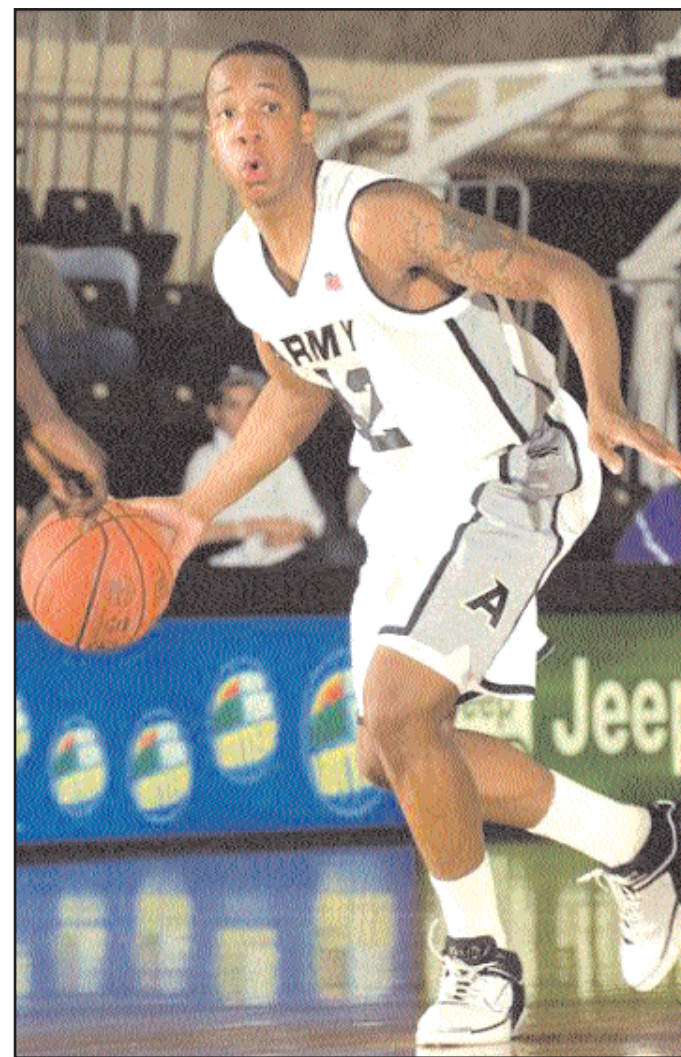
Olivero scored all six of Lehigh's points during a 6-0 Mountain Hawk spurt that put the hosts ahead, 63-54, at the 6:40 mark.

Jarell Brown tallied eight of his team-high 23 points during an 8-4 Black Knight run that made the score 67-62 at the 5:02 mark, but the Black Knights were unable to get any closer the rest of the way.

Lehigh used a 5-2 run to begin the second half to increase its lead to 39-28 at the 17:18 mark. It did not take long for Army to answer as Brown and Josh Miller knocked down three-pointers on successive possessions to draw the Black Knights to within five points at 39-34 just one minute later.

Lehigh regained a double-digit lead with a 10-5 run that gave the Mountain Hawks a 49-39 cushion at the 13:23 mark. After a lay-up by Kenny Brewer trimmed Lehigh's lead to eight points (49-41), the Mountain Hawks assumed their largest lead of the game at 55-43 thanks to a 6-2 spurt, which was capped by an Olivero triple.

The Mountain Hawks connected on 45.5 percent (10-of-22) of their first half field goal attempts, while the Black Knights converted 37.5 percent (10-of-27) of their shots from the floor in the opening stanza. Lehigh hit 52.4 percent of its shots in the second half, while Army hit 41.9 percent of its field goals in the second 20 minutes.



Jarell Brown of Army

LIBERTY CONFERENCE

F Co., 26th BSB vs B Btry., 1/9th FA	6:30 p.m.	Feb. 20
D Co., 3/7th Cav. vs 1/30th Inf.	7:30 p.m.	Feb. 20
E Co. 3/7th Inf. vs HHC, 2nd BCT	8:30 p.m.	Feb. 20
B Btry., 19th FA vs HHC, 2nd BCT	7:30 p.m.	Feb. 21
B Co., 4/64th AR vs E Co., 3/7th Inf.	8:30 p.m.	Feb. 21
1/30th Inf. vs E Co., 3/7th Inf.	6:30 p.m.	Feb. 22
B Btry., 19th FA vs D Co., 3/7th Cav.	7:30 p.m.	Feb. 22
B Co., 4/64th AR vs F Co., 26th BSB	8:30 p.m.	Feb. 22
F Co., 26th BSB vs D Co., 3/7th Cav.	7:30 p.m.	Feb. 26
B Btry., 19th FA vs B Co., 4/64th AR	8:30 p.m.	Feb. 26
1/30th Inf. vs F Co., 26th BSB	7:30 p.m.	Feb. 28
HHC, 2nd BCT vs D Co., 3/7th Cav.	8:30 p.m.	Feb. 28
E Co. 3/7th Inf. vs F Co., 26th BSB	6:30 p.m.	Mar. 1
HHC, 2nd BCT vs B Co., 4/64th AR	7:30 p.m.	Mar. 1
1/30th Inf. vs B Btry., 1/9th FA	8:30 p.m.	Mar. 1
B Co., 4/64th AR vs 1/30th Inf.	6:30 p.m.	Mar. 5
F Co., 26th BSB vs HHC, 2nd BCT	7:30 p.m.	Mar. 5
D Co., 3/7th Cav. vs E Co., 3/7th Inf.	8:30 p.m.	Mar. 5

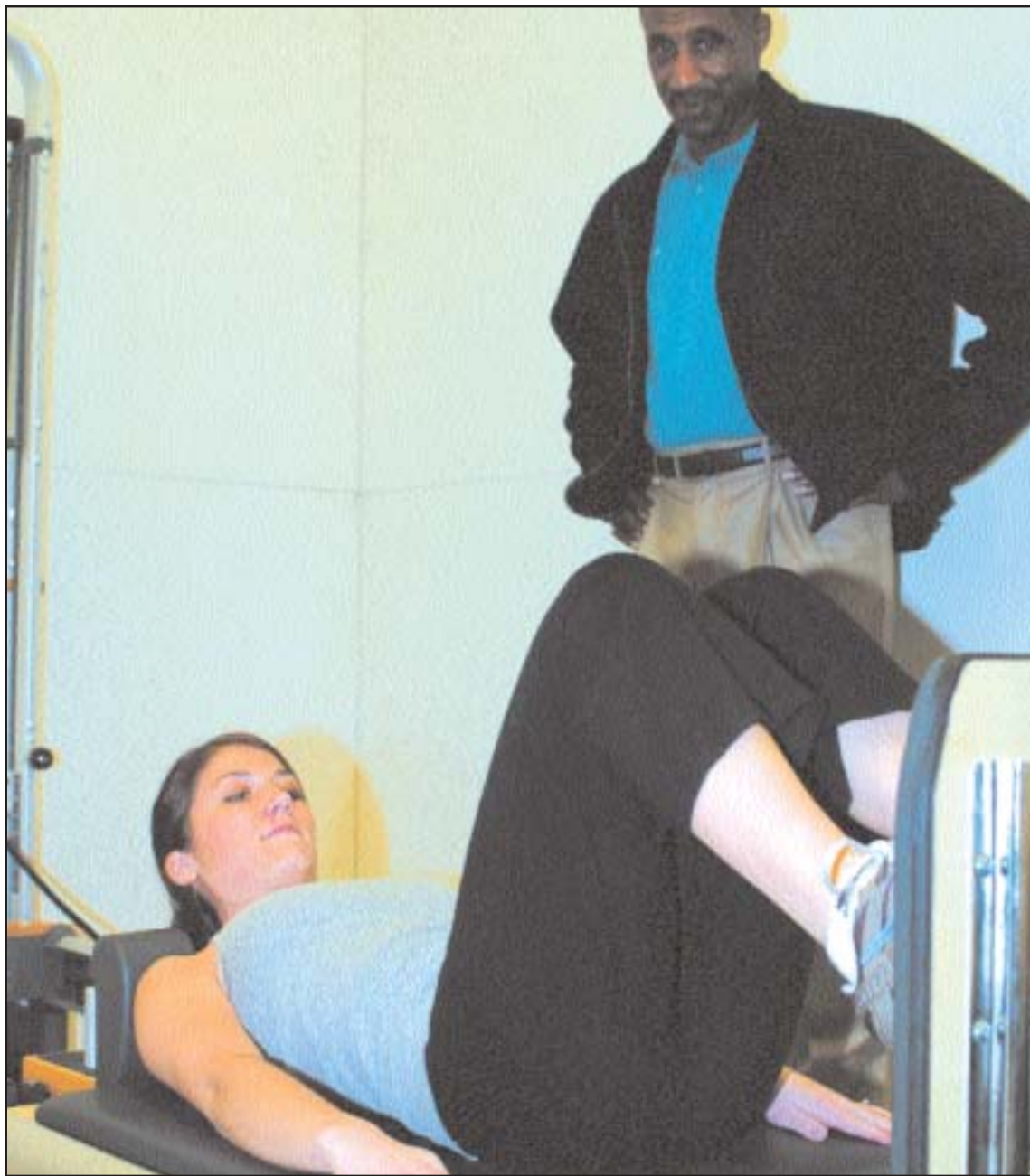
SOUTHEASTERN CONFERENCE

E Co., 26th BSB vs A Co. 703rd BSB	6:30 p.m.	Feb. 21
E Co. 1/64th AR vs E Co., 26th BSB	6:30 p.m.	Feb. 22
HHB, 1/9th FA vs E Co.	7:30 p.m.	Feb. 22
1/64th AR vs 15th ASOS	7:30 p.m.	Feb. 22
E Co. 1/64th AR vs HHB, 1/9th FA	6:30 p.m.	Feb. 26
E Co., 26th BSB vs HHB, 1/9th FA	6:30 p.m.	Feb. 28

FREEDOM CONFERENCE

G Co., 703rd BSB vs B Co., 2/3 BTB	6:30 p.m.	Feb. 21
HHC, 3/7th Inf. vs 2/3rd Sig. Co.	7:30 p.m.	Feb. 21
HHC, 26th BSB vs HQ Co., 1/306th Inf.	8:30 p.m.	Feb. 21
135th QM Co. vs 2/3rd Sig. Co.	6:30 p.m.	Feb. 26
HHC, 26th BSB vs B Co., 2/3 BTB	7:30 p.m.	Feb. 26
D Co., 703rd BSB vs HHC, 3/7th Inf.	8:30 p.m.	Feb. 26

Schedules



Photos by Pat Young

Above: Amanda Steiner, a family member at Fort Stewart tries out the new Pilate Reformer at Newman Fitness Center.

Below: Avlaiva Nittleton and Willie Crockett use the treadmills, at Newman and enjoy the Cardio Theater, featured to the right, while they work out.



CARDIO From Page 1C

Using a total fitness philosophy, Newman isn't only about strength training. It also expanded its cardio-vascular capabilities with new exercise equipment to include the Pilates Reformer.

"I work out every day," said Amanda Steiner, family member. "It makes me feel better. Also, heart disease runs in my family, so I work out for health reasons."

"The pilates works the entire body," said Nathaniel Robinson, a personal trainer at Newman Fitness Center. "It's often used in yoga and aerobics and combines resistance and calisthenics."

Four new pilates reformers are on-hand at Newman and training on all the new equipment will extend their services to its patrons like Steiner, who do pilates at

home.

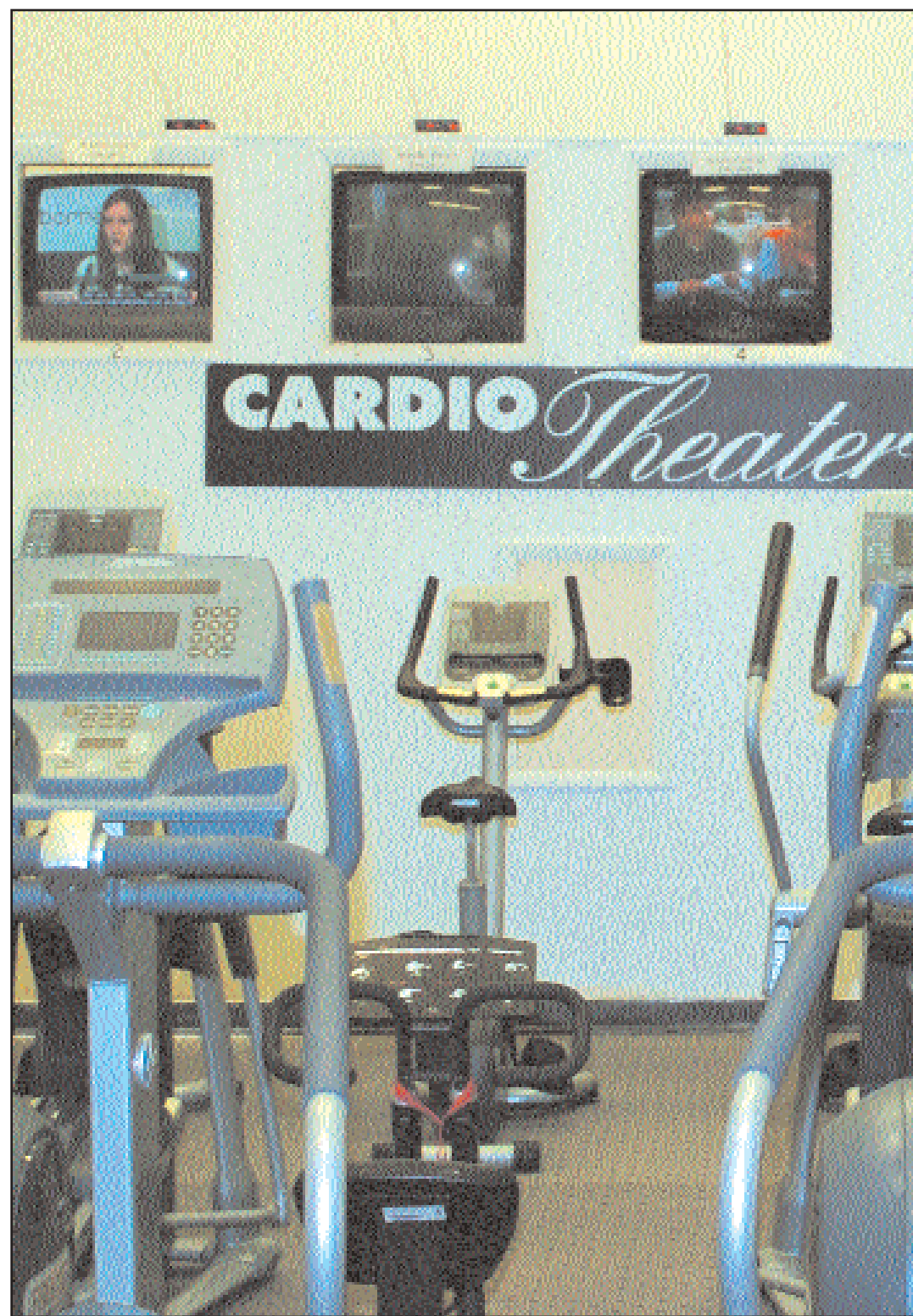
"I like pilates," Steiner said. "It gives you a good workout, while improving your flexibility."

Battle said pilates helps tone and shape muscles without gaining bulk.

He said a lot of people don't want muscle mass, but would prefer endurance and flexibility.

Battle said the center has regular aerobic classes. Two regular classes are held each day at 9 a.m. and 4:30 p.m. Monday through Friday and one at 9 a.m. on Saturday. The classes consist of steps, cardio, kick-boxing, body sculpting, and abs-training.

In addition, instructor Bennie White leads a class in pilates 6-7 p.m. Monday, Wednesday and Friday at Club Stewart.



Serving fitness, pooling efforts

Pat Young
Frontline Staff

Newman Fitness Center knows how to keep people in shape. Aside from the equipment, Newman offers great services and facilities which include racquetball courts, basketball, tennis, swimming pools and more.

"I like to play Racquetball about five days a week. It's a good workout," said Linda Dambeklan, a family member who enjoys coming to the center with her husband to work out and play racquetball. "I've been to a lot of bases, including Navy bases and these are by far the best."

Newman offers three racquetball courts, two being challenge courts.

Dambeklan, who enjoys the strategy behind racquetball as much as the workout, said people seeking competition can usually find it after 4:30 p.m. where Soldiers and family members often frequent the challenge courts.

The in-door swimming pool is another feature at Newman that offers unique fitness and training opportunities. The pool offers lap-swimming, open-swimming, water survival instructions and Soldier swim lessons.

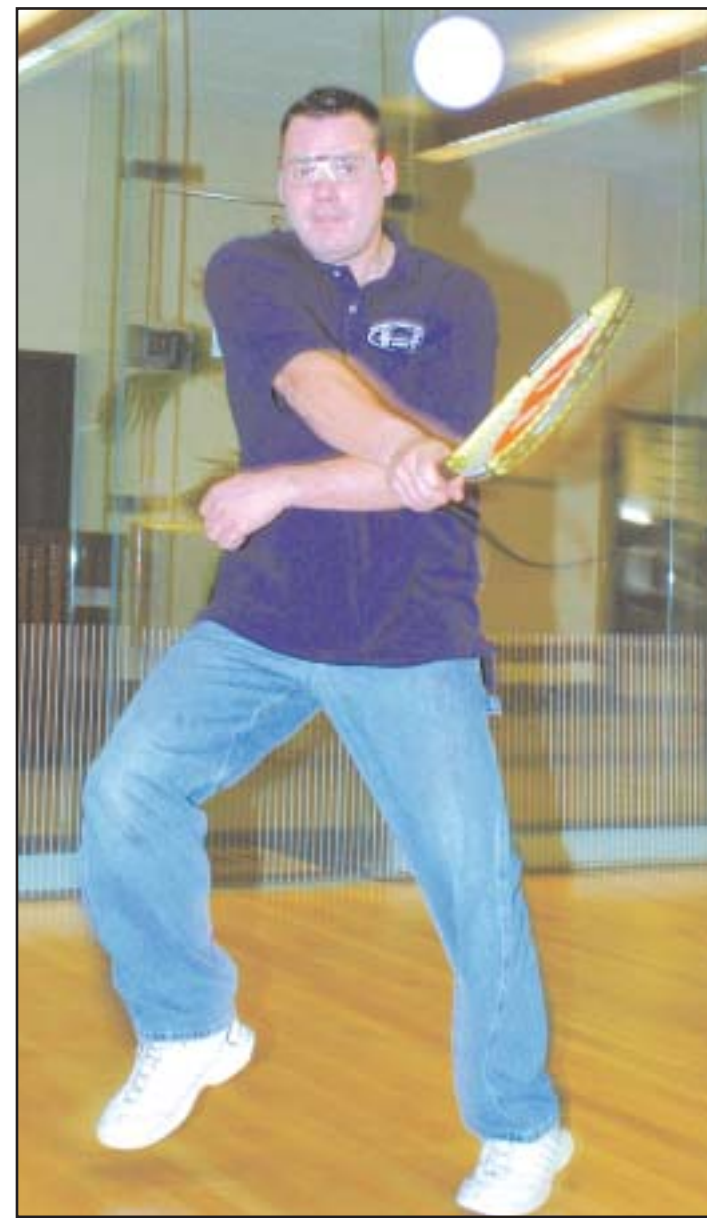
"I broke my leg in October, and as part of my therapy I started swimming in place of running," said Chief Warrant Officer Paul Ingham, Headquarter and Headquarters Company, 1st Battalion 3rd Brigade Troop Battalion. "Swimming is good for cardio-vascular training. You can get a good workout for the upper body as well as the lower body. There is less stress on the joints. It's an all around good exercise."

When Ingham found out the pool was available for family open swim, he took his daughters

Karissa, 7 and Kaih, 7 who both enjoy swimming. They both have opinions about the pool. "Swimming is fun," Karissa said. "It's a fun exercise," added Kaih.

The pool is open for lane-swimming seven days a week from 5 a.m. to 8 p.m. on Monday, Thursday and Friday; 5 a.m. to 1 p.m. on Tuesday and Wednesday; and noon to 8 p.m. on Saturday and Sunday. It is available for open-swim from 2-6 p.m., Saturday and Sunday.

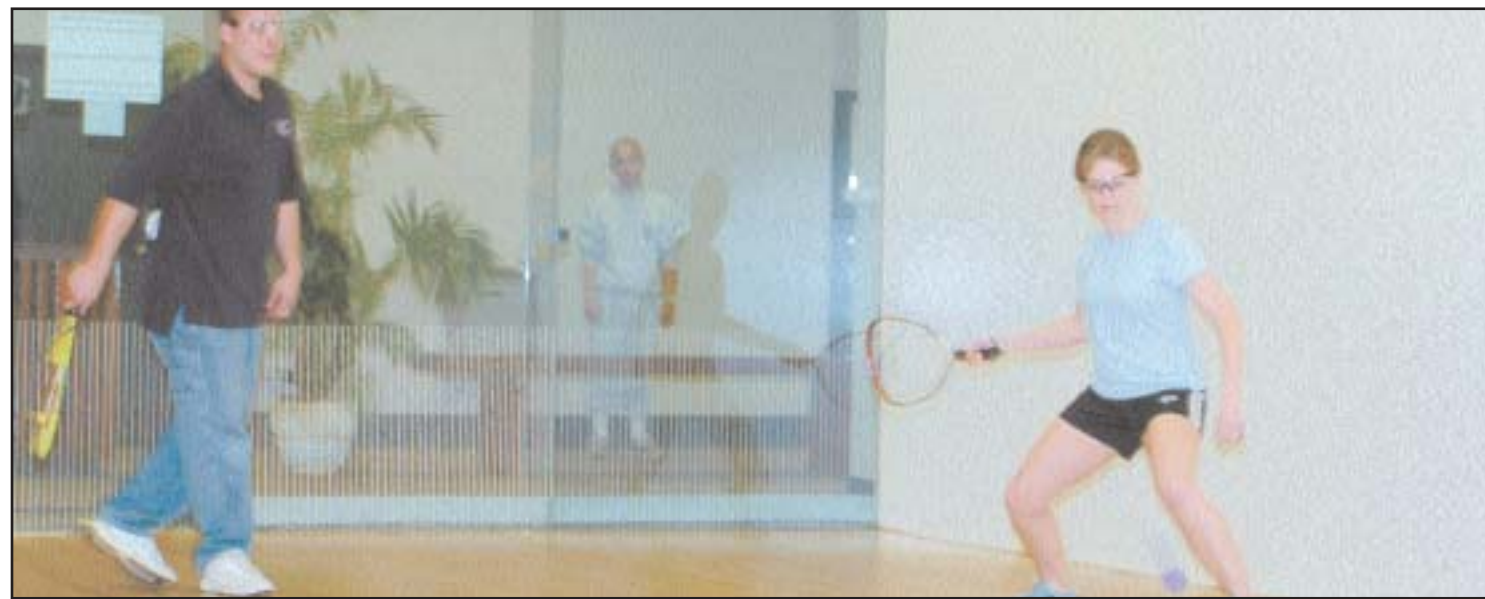
See NEWMAN — Page 5C



Photos by Pat Young, Illustrated by Spc. Marques Hunt

Top left: Linda Dambeklan, and Spc. Carlin Byrd, HHC 3rd BSB, above, face-off on a racquetball challenge court Jan 9 at Newman Gym.

Left: Newman gym has three racquetball courts.



NEWMAN

From Page 4C

"The pool programs are being expanded," said Debbie Kauffman, lead recreation assistant and seven-year lifeguard at Newman Pool. "MWR is working on getting water aerobics and scuba added to the pool programs."

"Soldiers often incorporate swimming into their physical training program," Kauffman, said. "It's good physical therapy and is also an alternate event for the Army's physical fitness test."

According to Army Field Manual 21-20, swimming is an alternate to the PT test two-mile run. The swim

portion of the test requires Soldiers to swim 800 yards in a specific time. The time is determined by the participant's age and sex – ranging between 20 minutes for a 17-year-old male, to 26 minutes for a 62-plus-year-old female.

FM 21-20 describes swimming as a good aerobic exercise because it places an extra demand on the cardiovascular and respiratory systems.

Aerobic exercise is the best type of activity for attaining and maintaining a low percentage of body fat, according to FM 21-20.

The pool has eight 25-

meter lanes and has up to four lifeguards on duty at all times.

The lifeguards are Department of Defense civilians who are Red Cross advanced lifeguard-certified and whose training include CPR, life saving, drown-proofing, water safety and aquatic facility management, said Kauffman.

Swimming lessons are available to Soldier, 6-7 p.m. on Monday and Thursday.

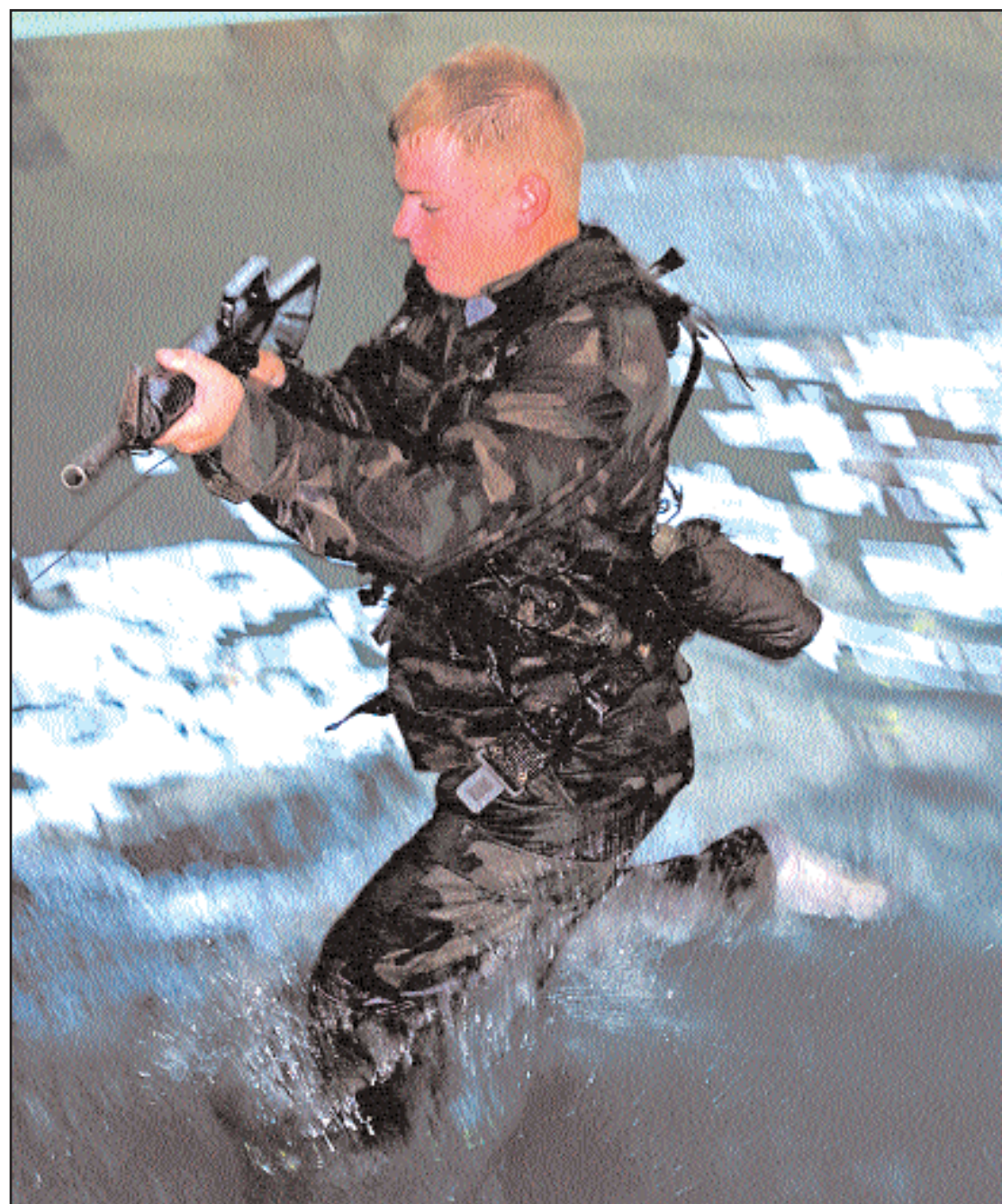
Soldiers or Units wishing to schedule these lessons or water survival instructions can call Newman pool at 767-3034.



Photos by Pat Young

Above: Soldiers and family members enjoy the in-door pool at Newman Fitness Center Jan. 9 as part of its open swimming program 2-6 p.m. Saturday and Sunday.

Right: Chief Warrant Officer Ingham swims laps at Newman Fitness Center as physical therapy. He swims laps in lieu of running while recovering from a broken leg.



Spc. Dan Balda

Above: Pfc. Jason Ainscough, HHC, 4th BCT, jumps into the pool July 19 as part of drown proofing training held at the Newman Physical Fitness Center pool.

